

BRIDGES

SPACES:

Restored building serves as a reminder of the past **P. 4**

GARDENING:

A gardener's paradise is tucked away at the university **P. 12**

SHARP EATS:

Nine tools to create your own dream chef's kitchen **P. 22**

WEDNESDAY, MARCH 18, 2015

A STARPHOENIX COMMUNITY NEWSPAPER



TARA FINDS HER PLACE

STARTING WITH HER OWN DAUGHTER, MARGOT SCHMIEDGE HAS GIVEN HOPE TO PEOPLE WITH KABUKI SYNDROME **P. 6**

FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#ILENE BOECHLER

I Know My Onions: Homesteading North of the 53rd



Ilene Boechler

If you have never moved to a quarter section (160 acres) that is completely covered with bush that had to be cleared manually with an axe, then I doubt that you homesteaded north of the 53rd parallel. The drought brought things back in the south, so the grace of Saskatchewan made making a sustainable life an impossibility.

My father left the prairie farm one year (1909) to pursue a new beginning on a homestead outside of Carrot River, Saskatchewan, an area right outside the prairie provinces. There were no roads, dress age children or desired land that could be cultivated. There was also extreme rain and mosquitoes beyond imagination.

All his worldly possessions were loaded on a hayrack drawn by a team of Clydesdales and trekked the 300 miles northwest.

Recycling became an art form, not because we were ahead of our time but out of necessity. And making do provided fertile ground for creativity. One such example happened when a baby pig was born too small to eat. In its ponding a hole in the bottom of an empty wooden tin, and pulling a wire thread through the paper was provided a cup to suckle milk. Education was very important to my parents. The school (half of legs, as were most all structures), was on a plot of land which my father had donated.

The school became the site for

meetings, socials, dances, sporting events and games. It was the nucleus of the community and then a where I attended Grade 1 through 10. For Grade 11, I went to the town of Carrot River where the pool room provided classroom space overlooking Main Street.

As I recall, home was a very happy place. My parents, though living a very tough life displayed a generosity for the gifts we all have, health, happiness and a loving family. This legacy taught me how to "roll with the punches" and to be grateful for the life you have.

I Know My Onions is available from McNally Robinson Booksellers, Coles, Cimpson, Indigo, Amazon and the Western Development Gift Store.

ILENE BOECHLER

I Know My Onions



Saskatoon's Newest Modern Age-in-Place Design Suites



HYDE PARK VIEW

333 Sturmon Place
Saskatoon, SK



Life-Lease Suites for 50-Plus Adults
with Personal Care Suites Attached

Hyde Park View is transforming the concept of adult housing in Saskatoon! This new 30 plus housing development is ideally located across from Hyde Park and is surrounded by every store and facilities in Lakeside / Woodwood.

Life-lease suites are pre-selling with 32 units are available in this exciting 4 story building. These plans range from 324 to 1262 sq. ft. including one bedroom plus den, two bedrooms and two bedrooms-plus-den suites.

Age-in-Place Design includes 36-inch wide doorways, quartzite floor plans and a seven-foot burner-free walk-in tiled shower enclosed in glass.

Every life-lease suite receives one vehicle parking stall in the assigned, heated parking lot, with adjacent and individual dry washed storage rooms. Residents enjoy free access to the numerous attractive amenity spaces.

When independent living becomes a challenge, individuals can move to the specially designed area where personal care is offered 24 hours a day.

Call Shelley Davis at (306) 612-3338 and visit www.hydeparkview.org online for more information. You are also invited to drop by Hyde Lodge (1125 Alder Avenue) between 8am and 4pm to pick up a sales package.

- Quartz Countertops & Large Islands
- Master En-Suite Walk in Closet
- 9-Foot Ceilings
- Guest Suites
- 6 Appliances
- Outdoor Terrace with Hot Tub & BBQ
- Games Room & Exercise Room
- Hair Salon
- Workshop
- Three Elevators
- Heated Indoor Parking
- Radiant In-Floor Heat
- Secure Garment-Free Storage
- Library & Movie Theatre
- Digital Video Security
- First Class Dining Facility

You Deserve the Best!

306-612-3338

Contact
Shelley Davis

www.hydeparkview.org

INDEX

ON THE COVER PG. 6



Margot Schrimberg advocates for those with Kluver-Bucy Syndrome, a rare genetic disorder that leads to cognitive and sensory disabilities that afflict her daughter, Rosa. **ROBERTA PEROTTI FOR TROY FLEECE**

TABLE OF CONTENTS

READ MY BOOK — 2

A look at *I Wrote My Ourselves: Homesteading North of the 52nd*

SPACES — 4

Resigned Superintendent's Residence serves as a reminder of the past

ON THE COVER — 6

Bernier with her own daughter Margot Schrimberg has given hope to people with Kluver-Bucy Syndrome

CROSSWORD/SUDOKU — 11

GARDENING — 12

A gardener's paradise is tucked away at the university

ASK ELIE — 13

IN THE CITY — 14

A moment in time: Photographer Michelle Berg's shot that defines the week

EVENTS — 16

What you need to know to plan your week
Send feedback to: bridges@thestarphenns.com

OUTSIDE THE LIMES — 21

A weekly column's creation for beds of all ages by artist Stephanie McKay

SHARP SAYS — 22

Home tools that will create a dream kitchen for home chefs

WINE WORLD — 23

Try dipping your toes in a Tuscan bath

SPACES PG. 4



The Superintendent's Residence, built in 1916 and located on the grounds of the Forestry Farm Hotel in Saskatoon, has been converted to its former glory. **BRIDGES PHOTO BY MICHELLE BERG**

BRIDGES COVER PHOTO BY TROY FLEECE

Bridges is published by The StarPhoenix — a division of Postmedia Network Inc. — at 204 Fifth Avenue North, Saskatoon, Sask. S4N 1J1

Headline Photographer: Editor-in-Chief: Jon Sharp is associate editor

For advertising inquiries contact: 657-6340; editorial: 657-8327; home delivery: 657-6320. Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

The contents of this publication are protected by copyright and may be used only for personal or non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright. For more information, contact the editor at 657-6327.

SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email bridges@thestarphoenix.com

SASKATOON'S BEST SPACES

Restored building serves as reminder of the past

By Jenn Sharp

WHAT? A red brick house that was built as a residence for the superintendent of the Forestry Farm Park. At that time, the site was the Sudbford Forest Nursery Station (part of the PFA or Prairie Farm Rehabilitation Program). At one time, the prairie shelter belt program shipped seven million trees annually to farmers for shelterbelts, which helped protect land from drought and wind.

WHERE? The Superintendent's Residence is located on the grounds of the Forestry Farm Park in Saskatoon.

WHEN? The house was built in 1903. The non-profit Friends of the Forestry Farm House formed in 1996 to meet the challenges of saving, restoring and interpreting the building, which was slated for demolition.

WHY? The group put a 10-year lease on the building from the City of Saskatoon. They raised the money and did all the renovation work. The Forestry Farm (and the Superintendent's Residence) is now a protected National Historic Site.

The first superintendant was James McLean. He, his wife and three children moved to Saskatoon from rural Saskatchewan where they lived in a sod house. They stayed for the next 29 years.

His daughter Flora showed her non-interest in growing up in the house with the Friends of the Forestry Farm. Before she died, she gave her diary to the group. Daily receipts are shared during school tours of the house — it gives kids someone with which they can connect.

Note on the tour: get to visit Flora's bedroom, which has been outfitted in antique from the era.

The second superintendent, Gus Kerr, developed several varieties of fruit-bearing trees for use in shelterbelts. Like the Superintendent's cottage, along with an ornamental shelterbelt shrubs like the Sutherland potted elms. Kerr also ran a small wildlife rescue, taking in orphaned baby animals.



SPACES



HOW? Almost everything, including the hardwood flooring, is owned by the house. For a time, the house was used as offices for the zoo. The walls were clad in blue paneling that one had to be removed.

Water had been leaking through the roof into the walls for years. As a result, the wood paneling started to be removed. The group pulled out all of the walls and started from scratch.

The kitchen is modern as it is used for hosting fundraisers, dinners. The city also rents out the facility to groups who use it for events or family reunions. There is a deck, patio and a large lawn surrounding the house.

Most of the house's bedrooms have been converted into offices for the Saskatoon Zoo Society.

WHY? The Friends of the Forestry Farm House didn't want to see an important piece of Saskatoon's history disappear.

"That happens too much I think in Saskatoon," says group member Cindy Duran. "It's a little bit of maintenance and upkeep you can keep them in good shape. This house would never have been in the state it was in had the city took care of the roof and kept the heat on made. But it's all ours, right?"

Getting an old building restored and meeting modern building codes is an expensive, laborious undertaking.

At the Superintendent's Residence, a wheelchair ramp had to be added along with ground floor bathrooms, a second floor bathroom and two exits from the second story.

The total cost was never figured out as so many of the work were donated, but estimates are pegged at several hundred thousand.

The Friends of the Forestry Farm House will be making tour and open house days during the spring and summer months. The first one is on May 24 at 1:30 p.m. For more information call Pzyvay 305-652-9801.

Jeffrey @JeffreyFarmHouse
TheFriendsOfTheForestryFarmHouse

ON THE COVER

Having a child with a disability can really
make you feel like an island.

—Margot Schmeidler

FOR THE LOVE OF TARA

Hands-on approach made a world a difference

By Rachel Pautka

Tara Schmeidler curls up on a pile of fluffy white pillows, snuggled in a circular bed suspended like a cloud from the ceiling of her basement living quarters. Her mom, Margot, cranks to music in her shed in front, to look through family photos. Childhood notes of Tara and her three sisters quickly transition to a newborn baby grin and an add-on — Tara is now on track, and Margot is grateful. The two laugh as they swap girly licks and facts, two peas in a floating pod.

Tara, 10, has Kluver-Bucy Syndrome, a relatively rare genetic disorder that causes cognitive delays, behavioral issues and a wide range of medical problems.

These days, Tara is at ease in her world. She shares a northwest Illinois home with another young woman with a disability and the support workers who come and go around the clock. She has a specially designed, one-on-one program that meets her needs. Her parents, Margot and Don, visit regularly and make sure her life is full of love and management. They have fought tirelessly to make sure she has adequate support to do the best she can with her abilities.

♦ ♦ ♦ ♦

As most families with a disabled child find out, it's never easy.

The Schmeidlers started taking Tara to Wisconsin for sensory therapies as a preschooler, before she was diagnosed. They knew she had cognitive delays, something they could see when comparing Tara's development to that of her two older sisters, Leah and Kyle, and younger sister Rilee.

Doctors originally thought Tara might have schizophrenia, a serious issue. Margot had a family member with the same mental health disorder.

"We knew that wasn't likely the right syndrome," Margot said, noting Tara's cognitive delays didn't fit that diagnosis.

Continued on Page 6



Margot Schmeidler and her daughter Tara, who has a rare genetic disorder called Kluver-Bucy Syndrome, sit on their bed in their home.

Celebrate Living Well!

Ask about
suites available in
our Memory Care
Community

BRIGHTWATER
SENIOR LIVING
OF STONEBRIDGE

Saskatoon's Premier Retirement, Personal Care, and Dementia Care Community

Celebrate living well at Brightwater Senior Living of Stonebridge. Rest assured knowing that you can continue experiencing an active retirement lifestyle while enjoying all the amenities of this exceptional community. If the time comes when assistance with care is needed, there is no need to move again. A variety of personal care services are available right in the privacy of your own suite. Stop by for a tour today to learn more.

Studio, One-bedroom and Two-bedroom Suites Include:

- Three delicious chef prepared meals daily
- All utilities including expanded cable TV (except telephone)
- Weekly housekeeping and linen services
- Scheduled transportation
- Intellectual and recreational activities and outings
- Fitness programs

Community Amenities

- Spa W
- Fitness Centre
- The Bistro
- Coffee Shop
- Library and Tech Centre
- The Chapel
- Hot City Theatre
- Walking paths
- Courtyards
- Raised garden beds
- Barber/Beauty Salon
- Short Stay Suites Available

Ask about our Spring Special!



**STOP BY
FOR A TOUR TODAY!**

Personal Care Services

- Licensed nurses and health services staff on duty 24-hours a day
- Special diets and diet features
- Medication management
- Dementia management, including insulin administration
- Assistance with bathing, grooming, dressing, laundry and other related services
- Ask about additional services

Dementia and Alzheimer Memory Care

The Arbor at Brightwater provides the finest memory care lifestyle options for seniors living with Alzheimer's disease and other dementias

- Secured community
- Private studio suites
- Specialized activities program
- Outings on the motorcoach
- Secured garden and outdoor courtyard

Stop by for a tour today & receive our FREE Signature Cobbler!

306-974-7990

02 Wellman Crescent

www.brightwaterstonebridge.ca

Everybody that gets to know Tara falls in love with her. She has challenging behaviours but once you know how to go around that, she's really very endearing and so truthful — *Margot*

Then Tara was diagnosed with Kluver-Bucy Syndrome by a Vancouver psychiatrist at 41/3 years old. It was a relatively newly recognized disease, first described in 1901 by Japanese scientists.

"During a trial with a disability case, really make you feel like an outsider," Margot said, tucked into a comfortable chair in her home a few minutes drive from Tara.

"You try to maintain your friendships from before, and you do, but your life goes in a whole different direction than the majority of people."

It was that isolation that encouraged Margot to pen a letter on a medical journal on journal about a year after Tara was diagnosed.

Using a family friend's then advanced use of a computer — an email address — she was soon inundated with requests to keep in touch and share information about Tara's development and challenges. They quickly had to insist in a newspaper and a daily internet connection of their own.

A website was also necessary. But in the mid 1990s, it wasn't quite so easy as it is today to post things to the internet; was world wide web.

Margot enlisted the help of her brother, Ed Smart, and his partner, Ann or Bawser. The two techophiles made Margot's dream for a network where families could connect and share information a reality.

And so the Kabuki Syndrome Network (KSN) was born. If you search Google for Kabuki Syndrome today it is still the top hit.

Over the past two decades, Margot has fielded thousands of requests for information in multiple languages from her home. Some were from researchers, other requests were from families unsure of where to turn with their new diagnosis.

Her background as a nurse — she stopped working when Tara was born — helped in organizing the complicated terms in other parents' maddening writing in a medical dictionary.

Nevertheless were the next step. They were genetic and needed out for years, before leaving to an active family. They shared came out in several languages — Margot got a language school to translate portions of the website into Spanish to meet demand. She even reached out to genebanks and doctors that the evening parent could understand.



What is Kabuki Syndrome?

- First described in 1901 by Japanese scientists and named after a famous Japanese actor, Toshiro Mifune, for his distinctive facial features.
- Affects anywhere from one in 10,000 to one in 30,000 live births.
- Caused by spontaneous gene mutation in one of two genes.
- Wide range of congenital problems can result, from heart defects to kidney issues to recurrent ear infections.
- Also a wide range of cognitive and intellectual disabilities. From mild learning disabilities to severe intellectual impairments.
- No known impact on lifespan although the syndrome has only been described for 34 years.
- Research continues into the genes causing Kabuki Syndrome. A recent study by Johns Hopkins researchers in order with agents to change similar to Kabuki Syndrome reports that the use of an anticancer drug can "reset" DNA, leading to improved brain function.

Sara Schneider has Kabuki Syndrome, a rare genetic disorder that leads to cognitive and sensory disabilities. IMAGES PHOTO BY TARA ALFEE

Little things like that started adding up to provide a bigger source of information. It's funny how things snowballed. I never set out to do this, never. —Margot

"Little things like that started adding up to provide a bigger source of information," Margot said. "It's funny how things snowballed. I never set out to do this, never."

From supporting newly diagnosed families reaching out for help, to assisting doctors looking to explore the disorder in layman's terms, the quiet force behind a mountain of information has been passionately educating not only what's best for Tera, but what works for other children around the world with the condition.

"She's really an amazing, one-room magician," said Dana Levinson, a Minnesota mom of a seven-year-old girl who also has Kohns Syndrome. When Levinson's daughter was diagnosed as an infant in 2005, she soon found there wasn't much to call support for a syndrome with an incidence rate around one in 10,000. Reaching out to Margot and the KSN

was a major step in learning how to live with the diagnosis.

"Kohns was first discovered in the 1880s and really since then (Margot) is been the main person providing info, identifying professionals, connecting families," Levinson said.

Levinson not only wanted to learn more about the syndrome but also became involved in helping shape what the KSN could become. She's leading the organization's efforts for the first ever Kohns Syndrome conference, which will take place at Johns Hopkins University in Baltimore this summer.

Meeting other families who have a child with Kohns Syndrome "has been" so helpful," Levinson added.

"These are kids that tend to have developmental issues. My daughter wears hearing aids and she had a feeding tube, so just meeting other kids that may have had similar expe-

riences is good for her for having a social support group, too."

KSN has also been a support for the Behnkedges, leading to long-term friendships and visits while vacationing, but it didn't always hold the interest in every problem.

"Tera is definitely on the higher end of physical disability and sensory issues and because of that she had many, many behavioral issues from about 3 to 5," Margot said.

It was something that the family had to face mostly on their own. Their lives got "very complicated."

In some instances, Tera would hit and bite. Her behavior tendencies and anxieties were part of daily life.

On a family vacation trip, Margot brought along Tera's favorite cookies — a huge outlier for Tera at the time — but she wouldn't eat them. She barely touched food the whole weekend.

Continued on Page 10



Margot Solerberg created a website, the Kohns Syndrome Network, which is a main source for people looking for help with the rare disease. PHOTOGRAPH BY TERRY RUCKER



HomeStyles

The Stationary's Premier Home Show!

homestylesonline.com

 HomeStyles Home Show
 @HomeStylesShow

March 19-22
PrairieLand Park

Featuring HGTV's
Kate Campbell & Damon Bennett



I think you have a choice to make when you have a child with special needs. You either work very hard at it, or you drown in the majority of it. And I think Tara taught us the patience. —Margot

"We got back home and we're unpacking the food, and she brings her cookies to the cupboard where the cookies go. She sits down, goes back to the cupboard, takes the cookies out, and starts eating," Margot said. "These cookies had to come out of that cupboard."

School also became too much for her. Tara staged a high school until 12, but was only managing a couple of hours per day by her last year.

Judy Humphries, Tara's former student-support services teacher at Michael A. Effert High School, said the system can be hard to navigate for parents who aren't sure what their options are for their child's post-high school life.

"The transition is difficult sometimes for the students themselves, because they've been at their particular school for up to eight years, some of them. It's hard to leave," she said.

For students like Tara, the ending day programs may not be the right fit.

"There were things that Tara's parents knew would not work for her," Humphries said. "They could've just thrown up their hands and said, 'We give up, wherever she ends up will be fine' but that's not what they did."

Instead, Margot designed a day program for Tara that began with one-on-one support. She does one task during the day from collecting vegetables to delivering breads on Wheels in summer, the warm community gardens.

It's a different path than were other young adults with disabilities take, and one that required letter-writing and many meetings.

"I'm a lot of a doer myself, it's in my nature. We had to really fight to get her what she needed," Margot said.

All young people with cognitive disabilities should have those kind of parents," Humphries added. "They need someone that's just looking out for them."

Tara was finally designated an "outrageous need" — a designation not given lightly.



Tara Schniedge (right) and her younger sister Gabe. PHOTO COURTESY SCHNIEDGE FAMILY



Tara Schniedge rides an adapted bike with her dad Dean.

It means Tara has access to special funding for her housing and day program.

The Schniedge attorney work for their daughter as far from home as her home had three other young women with disabilities when she first moved in and Tara had daily meltdowns over the prospect of living away from her parents and the constant stream of visitors and staff.

"It was very, very difficult for

Tara," Margot said. "We tried to prepare her. We'd go to the house before anyone was living there, show her where her bedrooms would be."

But it didn't sink in, and the first year was terrible.

Daily powdered phone calls began to come home were hard to face.

But it was an important step for not only Tara to make, but for her parents as they too needed to have some space. And once two of the res-



Tara Schniedge as a baby.

idents were moved to a new home, it became a lot easier.

"I like that we get to enjoy her now. I really like that. It's not that we never enjoyed her, but I really just enjoy her now."

That is doing "enjoying" these days, she added.

"She's a sweetheart, an absolute sweetheart. Everybody that gets to know Tara falls in love with her. She has challenging behaviors but once you know how to go around that, she's really very endearing and so beautiful."

The efforts they've put in over the

years have not only improved their own lives, but those of many other families with Kluver-Bucy Syndrome. Yet Margot doesn't think they've done anything extra special.

"There are parents that believe that if takes special parents to raise a child with special needs, but I don't share this philosophy," she said.

"I think you have a choice to make when you have a child with special needs. You either work very hard at it, or you drown in the majority of it. And I think Tara taught us the patience."

southsidecourier.com

ASK ELLIE

Avoid a difficult ex, and explain why to relatives

Q. Fifteen years ago, when I was in my 20s, I broke up with my high school girlfriend. I hadn't wanted to join her religion and also discovered she was cheating on me. She immediately agreed to my demands and sent me to rehab. From there, she threatened to keep in touch with my parents purely to spite me.

I started making out of town. A year later I returned, she contacted me and I agreed to meet up at friends. During lunch, she propositioned me for sex, despite her then being engaged. I stopped all contact again, and never felt in control of the situation. That year she visited my parents and my aunt and uncle to her wedding. To my surprise and heart, they all attended. The continues to see my parents, cards, gifts, and family photos. They happily cover her phone calls, and claim to have with her about one family and my life.

Seven years ago I told my parents how horrible this was to me. I've returned to my hometown and find that it's continued.

Ask Ellie



One phrase will come through you today while I was there, and my name is being used to I become upset and said it to her. He is greatly especially because I consider her abusive. Apparently they still don't understand, despite my sharing the details of what she did.

What's Real

A. Maybe your parents have been less than the greatest situation. They're apparently not developed that way, and have been with her that has nothing to do with me, with your past me.

It's impossible to be certain that this is all part of her much earlier threat to hurt you.

The critical question now is this: How much do you really care? You can't seem to change your parents' attitude toward her — they just don't get it. Hopefully you can stop caring and just ignore and avoid her.

You can try to strengthen your own connection to your parents and relatives and help them understand that talking about your personal life is her (or your) crosses a privacy line.

Q. In 19, and an only child still at school. This past weekend when visiting back home, my mom told me that my dad was a divorcee.

They'd recently gone on a week-end trip without my mother, then got very intoxicated and did something stupid. But they both agree that she didn't cheat on my dad.

He was 19 when she actually did but he's no longer and hurt that he says he can't forgive her.

I can't understand how he could call it quite without trying to talk to someone or give either of us an explanation.

They never fought in front of me and always kept my problems separate from me.

A. Also, they was a business together.

I feel my dad's being mad and not thinking through how much my own reality does for him and how much this will affect all our lives.

My mom doesn't want me to tell anyone she's having it all down over. Now I feel I have to handle, which I don't know how to handle.

Angry and Heartbroken

A. So far this is only between them. It sounds like your father was so infuriated in some way — and that's one of the hardest things for a partner to accept, especially because he's been there before.

She needs to keep apologizing to him and saying how much she will use their life to gather and how much she's not having her heart.

This is not to be all about him or about their business together or about their relationship with you. It's not your job.

Q. I spent a weekend recently, so much to work each morning.

I wear a reflector vest, but drivers don't want until I come slowly before they proceed through the intersection. This endangers my underbelly and me. Sometimes, it takes a day to be the alternative rush vehicles.

I feel angry lately at these most by finding drivers for not one myself my safety I have not been sacred persons or good business with customers.

My life and job are at risk.

Need Calm

A. Actually, you affect your well-being during a pregnancy and also your patience level at work. Talk to your doctor about your stress level, which may be exacerbated by stressors regarding having to stay for a long time and stress management. Taking public transport may add to your budget, but at worst it's better peace of mind. Changing shifts might help. Most important, be smart and alert at all times where ever you're walking.

Nuts About Nature
At Beaver Creek Conservation Area

Hi kids! My name's Chie, and I live at Beaver Creek Conservation Area. Visit my backyard with my family and friends and enjoy some time away from the city.



Dear Chie,

Can animals talk to each other? If so, from what do they say? Animals

Dear Amanda,

I can say from personal experience that animals can talk to each other, but they have to be the same species for it to make sense. However, many scientists who have animals talk to one another and even guess at what they could be saying. An example of this is how prairie dogs will squeak to warn their friends when a predator is nearby. Scientists found that prairie dogs will give different sounding squeaks to different types of predators, such as a hawk, but not all for a coyote versus a bunch of shrew, loud calls for a hawk. When the scientists studied the calls further they found that they had even more detail from the sound allowing the prairie dogs to describe the shape, colour and movements of the predator. Now scientists believe that many other animals, such as crabs and monkeys, have their own languages that they use to communicate things like where food is, that it's time to get up, and that they are really easy going looking. Now, how can I speak to you humans you may ask? I just knock on wood and hope for the best.

Send your questions to me at the address below, then watch Bridges for the answers

Your pal, Chip

Fullerton Science Centre
10000 Hwy 401
Fullerton, Ontario
M1V 4Y1
Tel: (905) 881-1111
Fax: (905) 881-1111



Meewasin

The Mack Residence

328 11th Street East
This 1888 home is the oldest house in Saskatoon still in its original state

SPRING PROMOS

HISTORICAL CLOTHING OF THE LATE 19TH CENTURY

Sunday March 22 11:00-4:00 pm • Sunday May 31 11:00-4:00 pm

Sunday May 31 11:00-4:00 pm

These programs are hands-on and demonstrate working techniques that will progress over their Sunday life style.

For more information or more of the dates, free admission, donations welcome.

Come join us as we explore the clothing that would have been worn when the Mack Residence was new! We will look at the artifacts and techniques that went into the production of clothing in the home in the 1880s, 1890s and 1900s. We will learn about the essential components of a Victorian lady's outfit and try creating our own costume elements based on historical patterns and techniques. Each date is a drop in program.

No registration is required. You are also welcome to enjoy a cup of tea.

Sunday June 7 12:00-5:00 pm DOORS OPEN SASKATOON

The house will be open during this popular Saskatoon event. Learn about its history in the early Temperance Colony and enjoy a visit to the lovely Mack Garden. Interpreters will be on site.



Clip and Save

IN THE CITY

MARCH 15, 2015 — 2:34 P.M.

Hockey night in Saskatoon



For the first time, the Saskatoon Symphony Orchestra performed The Hockey Sweater. Mayor Gordon Wilson (center) and the Saskatoon Blades look on at the SaskTel Centre. PHOTOS BY MICHAEL BIRN

Gregg's
ONE HOUR
 HEATING & AIR CONDITIONING
Always On Time...Or You Don't Pay A Dime!

EXCESS INVENTORY

SALE

***This is THE Opportunity of 2015
 for a new furnace installed for***

**We are helping
 82 34 homeowners
 by "Giving Away" \$5,500
 furnaces for \$2,499 with
 purchase of off-Season Air**

\$2499

Every year, the manufacturers of air conditioners and furnaces forecast how many to build. They are never right and often have additional inventory. Gregg's One Hour Heating and Air Conditioning negotiates with them for reduced pricing based on purchase by the individual.

These are brand new models, NOT seconds or "demos" or standard "builder" models. They are today-fresh, premium furnaces and air conditioners with a full factory warranty.*

If your furnace is over 10 years old, you can replace your old and inefficient furnace and air conditioner as a package for less than you would pay any other time of the year.

Call 306-500-1300 today.

A home comfort advisor will come out and measure your home and determine your perfect system.



**plus get a
 FREE
 GIFT**

valued at \$132
 just for having an appointment
 with one of our comfort advisors

Ask us about financing and Rentals

**Act now! There are only 82 34 systems available!
 When they're gone, this offer ends!**

Gregg's
ONE HOUR
 HEATING & AIR CONDITIONING
Always On Time...Or You Don't Pay A Dime!

503 51st Street East

**Call us today
 306-500-1300
 www.greggs.ca**



* Manufacturer or third party warranty coverage. Manufacturer requires equipment to be maintained in accordance with the manufacturer's recommendations. Some limitations may apply. See store for full details. ©2013 Clarkston Home Services, Inc.

EVENTS

What you need to know to plan your week.
Send events to bridges@theatraphoenix.com

© 2011 Phoenix Art Association. All rights reserved. Phoenix Art Association is a 501(c)(3) non-profit organization.

© 2011 Phoenix Art Association. All rights reserved. Phoenix Art Association is a 501(c)(3) non-profit organization.



**FALL IN LOVE
ALL OVER
AGAIN...**





MICHELLE SWACHENLUK
OWNER

**KOALA CUSTOM
SLIPCOVERS**

306-249-3608

koalacustom.com



MUSIC

Wed., March 16

Black Swan
Buds on Broadway,
817 Broadway Ave.

Doots Series: Chris Gentine
The Basement,
254 Fourth Ave. N.

Miss Monocardi
Pizzeria Pub and Grill,
1423 14th Ave. N.

Thurs., March 17

Ryan McNamery
Crackers Restaurant &
Lounge,
1-227 Peachtree Dr.

Kelly Kahan
Buds on Broadway,
817 Broadway Ave.

Piano Series: Jeff Striker
The Basement,
254 Fourth Ave. N.

Skaletoon Songwriters
Glowhouse (Bow Linnex
& Skalet and Smith, and
Flem
Vendelo Tavern),
801 Broadway Ave.

Fri., March 20

Seven Small
Buds on Broadway,
817 Broadway Ave.

Piano Friday: Fred Baker-
lyn
Piano Series: Jeff Striker
The Basement,
254 Fourth Ave. N.

Rand Wages
Army & Navy Club,
399 First Ave. N.

69ers
Totti Tots Tavern,
3330 Fairview Dr.

Mr. & Mrs. Rhythmic Kings
Fairfield Senior Citizens
Center,
10314 Madison Ct.

The Real Monocardi
Pizzeria Pub and Grill,
1423 14th Ave. N.



Roddy MacLennan performing at O'Brien's Event Center on Sunday 6:11 PM at 817 Broadway Ave.

Amigo's Cantina
886 Duffin Ave.

Maric Holt Trio
McKully Robinson,
3120 Eighth St. S.

Copel, Quilten Heavens and
Sussex Hill
Vineyard Tavern,
801 Broadway Ave.

Moke Only w/ Life Unspo-
iled, T-House and Hustle &
Thrill
Capital Music Club,
264 First Ave. N.

Jahliana
Star's Place,
106-110 8th St. E.

Two Man Dooop
Pizzeria Pub and Grill,
1423 14th Ave. N.

Sat., March 21

Seven Small
Buds on Broadway,

of Westerns and Me the Guts
Vineyard Tavern,
801 Broadway Ave.

Coal Pies
Capital Music Club,
264 First Ave. N.

Dusty Tucker w/ Arnie and
Thelma
Rock Bottom,
8345 Broadway Ave.

Country Gospel Work in
Progress
Mayday United Church,
902 32nd St. W.

Usher's w/ Pimp This and
Race Low
O'Brien's Event Center,
241 Second Ave. S.

Marche Marche, Marche w/
The Tofu Kings
Village Center & Arts,
432 20th St. W.

Jokume
Star's Place,
106-110 8th St. E.

Two Man Dooop
Pizzeria Pub and Grill,
1403 Heyward Dr. N.

Sun., March 23

Amuse
Buds on Broadway,
817 Broadway Ave.

When the Lights Go Down
Tour: Chad Brownlee w/
Jessie Moskaluk and Sohy
Wals
O'Brien's Event Center,
241 Second Ave. S.

Mon., March 24

3 Strings Presents
Buds on Broadway,
817 Broadway Ave.

Sound & Silence Variety
Night
Vineyard Tavern,
801 Broadway Ave.

ART

Mandel Art Gallery
Until March 22 at 950
Spokane Cms E. New
winter exhibitions include

Settling Ground: War Rugs from
Afghanistan, Deep Weather
by Susan artist Ursula B-
emont. Concerning Certain
Burdens, recent works by
Saskatchewan artists Tawani
Campbell and Kase Unsworth;
the Boulder Cravings Mugs
series, a mobile sculpture of the
34-year history of Border
Crossings art magazine; and
the HBC Artists by Artists
month-long project,

reflecting Monica Murfin's
relationship with Catherine
Miller Sultan. All Settle of
the Open Door Society talks
about making battle rugs
in Afghanistan March 23,
2 p.m. to 4 p.m. The gallery
space will be closed March
23 until April 2 for installa-
tion of the spring shows. The
Gallery Shop has new rugs
for sale, in connection with
the Battlefield exhibition.
Members will save 10 per
cent on select merchandise
until June 7.

Artist's Loft Studio
March 23, 10 a.m. to 5 p.m.
at 617 Main St. The gallery
features art and museum
prints. All artists of Denise
Keller's The Girls will be
retired after March 21.
Stamps are available online
at reduced prices at theartistsloft.com/the-prints.

Saskatchewan Artists Centre, Rich-
mond
Until March 21 at 701 Railway
Ave. In Saskatoon. Genti-
fieri from the Love of Living
Sketch, a group exhibition by
Saskatchewan artists Sandra
Kraus, Cathy Terepinski,
Lisa Hudson and Denise Ma-
son. Organized and hosted by
the Organization of Sas-
katchewan Artists Councils.

Handmade House Show-
case
Until March 21 at 710 Broad-
way Ave. Something's a Fish,
a themed exhibition of works
produced by the working
members of Handmade
House.

Eye Gallery
Until March 27 at 171-132
College Dr. Fort St. George,
photographs by John Piment.

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

SOVA Art Gallery

Until March 27 at 253 Third Ave. S. The Spring Show by ArtQuest. Reception March 26, 5-8 p.m. to 9 p.m.

Humboldt and District Museums and Gallery

Until March 27 at 621 Main St., in Humboldt. Combined, a Local Perspective exhibit by the Sebastiaan Potter's Guild

Kahing Fine Art

Until March 28 on the eighth floor of the Greenborough Hotel. Modern bronze sculpture and acrylic paintings by Kathleen Gillian and contemporary oil paintings of landscapes and animals by Dean and Fran Francis.

Passed Arts

Until April 23 at 424 20th St. W. Video Tapestry by Allison Moore. A collection of numerous video landscapes over multiple screens. Tom's Kitchen: New Voices, a mentoring program, runs until March 28. New video works by W. H. Shaw, Orla Neuchemin, Kevin Neusquata and Tola Zheng, mounted by Jody Perneck.

Green Ark Collaborative Home

Until March 31 at 212 20th St. W. A collection of landscapes and stills by Debbie Kumpel.

Hood Art Supply

Until March 31 at 1818 Loma Ave. in the Gallery by Jean Quiley.

Kahing Fine Art

Until March 31 on the eighth floor of the Greenborough Hotel. Modern bronze sculpture and acrylic paintings by Kathleen Gillian and contemporary oil paintings of landscapes and animals by Dean and Fran Francis.

Art in the Centre

Through March at Parkside Centre. 100 Craymer Drive. Artwork by Leslie Stankiewicz and Erin Haight.

The Gallery/Art Placement
Until April 21 at 228 Third Ave.



Male: Yarns by Ashton Goffen is on display at ArtQuest Fine Art

3. A New Grammar by Lawrence Caputo

The Gallery at Francine Harman Center Library

Until April 5 at 311 2nd St. E. Pick Up Trucks and Storybooks by Bonnie Conly.

Artivity Gallery

Until April 11 at 810 Broadway Ave. Cynsinn. An exhibition of print- and video-based installation by Rachel Perlick.

Centre East Gallery

Until April 12 at The Centre Display by the Scale Model-Art Association. In partnership with the Royal, Jade, Amber, Diana and Crimson Galleries, and a display by the Sebastiaan Potter's Guild in the Magenta and Indigo

Galleries**AKA ARTS WA**

Until April 25 at 424 20th St. W. Interior Lakes (Zippah) by Robert Galle.

St. Thomas More Gallery

Until April 25 at 1427 College Dr. Collective Observation, the 10th annual US&D Instructor and Certificate Students' exhibition

Western Development Museum

Through April 2016 at 2810 Loma Ave. Big Bear traveling exhibit. In partnership with the Royal, Jade, Amber, Diana and Crimson Galleries, and a display by the Sebastiaan Potter's Guild in the Magenta and Indigo

alon follow the registration required as space is limited. Register at READSBookson.com or 306-663-5448.

LLUC Saskatoon Daytime Series Meeting

The third Wednesday of the month through April, 9-30 a.m., at Emmanuel Anglican Church, 609 Dufferin Ave. All women interested in breastfeeding are welcome. Call 306-665-4400 or email lucasskatoon@gmail.com

Stars and Stripes

Weekends, 10 a.m., at Centre One Arts in The Centre. Choice of two movies each week. A baby-friendly environment with lowered volume, dimmed lighting, a changing table and a stroller parking in select theatres.

Saskatoon Strong Moms & Baby Fitness

Wednesdays until April 6, 3 p.m. A mom and baby indoor exercise class. All fitness levels are welcome. Registration and information at strongmoms@gmail.com or www.saskatoonstrongmoms.com

Crisp's Climax and Play

Daily, 10 a.m. to 5 p.m., in Bay 4 of one Southway 101 W. in Wexham. Saskatoon's newest art-themed playground. For children 4 to age 12. Visit cristpandplay.com or their Facebook page.

Children's Play Centre

Daily at Lawson Heights Mall. A fun, safe, environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

Marl Mall Children's Play Centre

Daily just off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

Saskatoon Indoor Playgroup

Thursdays, 9-10 a.m. to 11:15

a.m., through May, at Emmanuel Baptist Church, 1036 Adelaide Dr. Parent-supervised playgroup for kids up to age five. A business hoodie and toys for kids. Designated infant play area, coffee for parents. Registration on arrival. Information at scsbaptist@scsbaptist.ca or their Facebook page.

Fun Factory Indoor Playground

Daily at 1630C Quebec Ave. A giant indoor playground for young children. Adults and children under nine are free. A separate fenced-in area for children under two.

Papin & Play

Thursdays until May 12, 9-30 a.m. to 11:30 a.m., at Riverview Alliance Church, 380 Penfold-Collins Dr. For children and their parents. Monthly theme-based learning centres, snacks and occasional speakers. Information at office@riverviewalliance.ca

Heartfeeding Cafe

Thursdays, 10 a.m. to 11:30 a.m., at Westside Primary Health Centre, 3311 Highway 99 A. A free, in-house program for lactating women. Sessions will be facilitated by a lactation consultant with a staff lactation professional, and time for interaction with the other mothers.

Movies for Mommies

Thursdays, 1 p.m., at Bayshore Cinema & In The Centre. An infant-friendly environment with reduced sound, champs and bottles, warming and stroller parking.

Shop'n'Stroll

Fridays, 9-30 a.m. to 10:30 a.m., meet in front of Customer Service at The Mall at Lawson Heights. Classes consist of power-walking, body-sculpting moves using exercise tubing and a stretching for parents and babies. Register at www.saskatoonbestfitness.com. No classes on staff holidays.

EVENTS

Parent and Toddler Yoga

Thursdays, 9:30 a.m. to 10:30 a.m., and/or Saturdays, 10:30 a.m. to 11:30 a.m., at YogaLife, 3-15 Third Ave. S. Classes taught by Nina Zenzl. For parents and their toddlers ages one to five. Introduce your toddler to the world of yoga. Classes include postures, poses, meditation, movement, play and song. Classes are six weeks. Register at freedomfromworryyoga@gmail.com, 306-366-8852

Relay Talk at RPL

Friday, 10:30 a.m., at Alice Turner Branch, Mondays, 10:30 a.m., at Curly King Branch and Tuesdays, 10:30 a.m., at Cliff Wright Branch. Half-hour singing and hymns, then dialogue with other parents.

Kid Yoga Classes

Ages five to 18 on Saturdays, 11:30 a.m. to 12:15 p.m.; home-schooled ages five to 12 on Mondays, 10:15 a.m. to 11 a.m., at YogaLife, 3-15 Third Ave. S. Classes taught by Nina Zenzl. Help kids regulate emotions, find focus, relaxation, self-awareness and new fulfillment. Physically helps with balance, strength, flexibility, coordination and body awareness. Classes are six weeks. Register at freedomfromworryyoga@gmail.com

Prenatal Partner Workshops

Yoga For Childbirth
Saturdays, 10 a.m. to 4 p.m., at Curly King Thrive, 308 Third Ave. S. Instructed by Nina Zenzl. Learn various tools and techniques to help you through labor and delivery. No previous yoga experience is required. Classes are six weeks. Register at freedomfromworryyoga@gmail.com, 306-366-8852.

Historical Clothing of the Late 19th Century

March 22, May 3, and May 31, 10 a.m. to 4 p.m., at The West River, 208 11th St. S. Hands-on and demonstration workshops that progress over the three Sundays. Explore the clothing that would have been



Check out Historic Clothing of the Late 19th Century March 22, May 3 and May 31 from 10 a.m. to 4 p.m. at The West River. Photo by Michelle Kiese

worn when the last was new. Attendees are all. No registration required. Admission is free and donations are welcome.

Celebrate the Season

March 28-32, 1 p.m. to 4 p.m., at Merwin Valley Center, 4032 Third Ave. S. Create spring-themed art with household items and things you collect from outside. A drop-in event for all ages.

Free Family Fun

Sundays, 2 p.m. to 4 p.m., at the Mandal Art Gallery, 550 S. Maple Ave. S. For ages four to 12, accompanied by an adult. Art-making activities led by gallery artists. Supplies are provided. March 22, Make multi-colored scarves to wear the following Sunday. May for the Wheatcroft of Rural Decorations.

Mom and Baby Yoga

Mondays, 11:15 a.m. to 12:30

p.m., at YogaLife, 2-15 Third Ave. S. Classes taught by Nina Zenzl. For mothers with babies as young as six weeks. Tone and strengthen your body, learn relaxation and meditation tools and explore breathwork. Classes are six weeks. Register at freedomfromworryyoga@gmail.com

Prenatal Yoga

Mondays, 12 p.m. to 1 p.m., at Pregnancy and Birthing Health Center, 3rd Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Baby-friendly yoga with certified yoga teacher. Suitable for four weeks to two years postpartum. Register at maternityyoga.com. No class on start holidays.

Gemstone Light Source (GLS) Public Tours

Mondays, 1:30 p.m., at the Gemstone Light Source, 44 im-

sonated. The explanation research facility is open for the public. Registration is required. Call 306-651-3544, email outreach@lightsource.com or visit lightsource.co.uk/collections/public_soph.

MyGroup

Tuesdays, 9:30 a.m. to 11:30 a.m., at Grace-Reverend United Church, hosted by Priscilla Harts. Meeting by Priscilla Harts. Community, a group of families inspired by worship philosophy. Programming is aimed at children ages two to five, but all ages are welcome.

Pre-school Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at McNally Robinson, 2130 33rd St. S. For children ages three to five in the Circle of Trees. Call 326-555-1473.

Engineering for Kids

Children ages four to 14 can learn about technology and how engineers help it

develop. Classes, games, parties, and slides with hands-on STEM enrichment activities. Get information and register at engineeringforkids.org/saskatoon or 306-978-4185.

Parental Yoga

Mondays, 6 p.m. to 7 p.m., at Pregnancy and Postnatal Health Center, 308 Third Ave. S. Taught by a doula and certified postnatal teacher. Informative and safe for any stage in pregnancy. Call 306-250-0424 or email emmabridges@gravid.com. No class on start holidays.

BRICKS & BUBBLES: Saskatoon

Regular after-school programs, preschool classes and courses for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique projects, play games, and have fun using LEGO bricks. Visit bricksandbubbles.org or call 306-579-2169.

Saskatoon Public Library Programs

Ongoing daily programs for children and families. Find the calendar at saskatoonpubliclibrary.ca/programs

SPECIAL EVENTS

Saskatoon Farmers' Market

Open year-round. Wednesdays and Sundays, 10 a.m. to 3 p.m., and Saturdays 9 a.m. to 2 p.m., farmers are in attendance. Tuesday to Friday, 10 a.m. to 3 p.m., and Saturday and Sunday during market hours, food samples and specialty shops are open. Information at saskatoonfarmersmarket.org. Contact: 306-384-6282, #saskatoonmarket

Burgan Basement Bow

Wednesdays, 10:30 a.m. to 3 p.m. at St. Paul's United Church, 454 Ebert Ave. Clothing for babies, children, men and women, and jewelry. Funds raised support the Lighthouse project.

Mayfair Gospel Bowling

Wednesdays, 1:15 p.m., at

Mayfair United Church. Beginners and experienced players are welcome. For information call 306-651-2151.

Seeing Witness: Freedom

to Critique and Dissent in Canada Today. March 18, 3:30 p.m., at Academy Theatre. Theatrical in the 10 of 5 Arts Building. Presented by Humanitas Research Unit. A panel discussion with Adjuncts, Professors James Williamson, Professor Joshua Hubbard and student activist Emma York. Admission is free and everyone is welcome. Information at bit.ly/daysofweek.ca

The Next Step

March 18, 6:20 p.m., at TCU Place, an interactive dance experience for all ages. Featuring music and dance routines from the T'Narcians. Tickets at 306-515-7795, tncarcians.ca

Real-to-Real Film Festival Opening Night

March 18, 7 p.m., at Broadway Theatre. An evening and anti-racism film festival. A screening of *Billie* for the festival's opening night. A panel discussion will follow on race, gentrification and social identities. With Denise Norwood, Tasha Hubbard, and Jami White and moderator Max MacKay. Admission is free.

Carpet Bowl

Thursdays, 12:15 p.m., at Multispace Legion Hall, 3021 Leslie Ave. Hosted by the Nootna Senior Citizens Association. Lunch and coffee are available for a fee.

Soup Kitchen and Book

March 18, 6 p.m. to 9 p.m., at 3045, 1300 10th St. N. Local chefs prepare a meal for participants, and assist participants in making about 250 bowls of soup for women and children experiencing family violence. Participation is required. To register and see more details visit

EVENTS

Pettery Painting Project
March 19, 6 p.m., at Well Point
Pettery 3700 E. 15th St. E. For
ages 18 and up. The project
is a band of chefs cooks for
register at 306-379-3279.

S&P Dances
Thursday, 7 p.m., 28 South 13,
at Albert Community Centre,
610 Claverton Ave. S. Saskatoon
International Folkdance
Club. Learn dances from many
countries around the world.
First night is free. Visit site
www.sandp.com.

**The Irish and the Celtic
Making Connections in Under-
standing Contemporary
Movements**

Thursday and May 20, 6:00
p.m. to 10 p.m., at Free Flow
Dance Centre, 224 25th St.
W. Produced by the Free Flow
Dance Theatre Company. Free
community dance workshops
for ages 17 and up. Instructors
are Graham McKivie and
Jasika Latorreiros. Danc-
ers and novice movers are
invited to attend any or all of
the workshops. Information at
freeflowdance@hotmail.com.

Allegro Bingo Night
March 20, 6 p.m., at Innovation
Place at Atrium Building, 111 St.
Burch. Presented by Allegro
Montessori Home & School. A
fundraiser for Allegro. Canapés
served by Chef Jean Phillips.
Bingo and auctions. Tickets at
alegrio.com.

World Storytelling Day
March 20, 7:30 p.m., at the
Unitarian Centre, 213 Second
St. E. This year's theme is
wishes. Saskatoon Storytel-
lers Guild members and volun-
teers from around the world
will present stories. Afterward,
all are welcome to tell a short
story. Admission by donation.

When the Movies Go to War
March 20, 7 p.m., at St. Thom-
as More College, 1437 College
Dr. Film critic David Nichols
discusses why and how so
many war movies get made
during recent examples of the
genre and examining the dif-
ferences between documen-



Sam at Deepco performing with The Archa Quartet in Saskatoon on March 20 at Knox United Church.

tary and National Institutes,
Administration fees.

Wobato Children's Choir
March 20, 7 p.m., at Forest
Grove Community Church, 502
Wobato St. The choir from
Upward performs. Admission
is free. Information at forest-
grove.com/website.

Festivals

**March 20, 9 a.m., at Third
Avenue United Church.**
Saskatoon's annual Brazilian
Carnaval Merdi Gro party.
Featuring DJ Vito Tado aka DJ
Palmon, Sertão Dance Shows,
costume prizes, food and a
cash bar. Tickets at world-
dancesaskatoon.ca, 306-373-
0715, Phase III or at the door.

**We Are Something Beyond
Saskatoon**

March 20, 10:30 a.m., at St.
Joseph High School. The U of S
Wind Orchestra performs. With

works by Broder, Cables, Gil-
liard, John O'Neill, Inman and
Kew. Admission at the door.

Core Series Vix Returns Part
March 20-26, 7:30 p.m., at
Paved Arts, 424 20th St. W.
Mixing new music and new
media into new art. Featur-
ing the Saskatoon Symphony
Orchestra and are presented
by Paved Arts. With trumpet
soloist Amy Harvey, guest
conductor and composer task
goldschneider and visuals by
Victor Folan. This is the final
event in the series. Tickets at
pavedarts.com.

Arrival Quartet

March 21, 2 p.m. and 7:30
p.m., at Knox United Church.
Featuring pianist Samuel Dax-
son with works by Debussy,
Haydn, Mahler and Shostak-
ovich. Tickets at 306-364-
7737, perspective theatre or
at the door.

PRE-SPRING SALE FOR HAPPY CAMPERS!

RV SITE PRICES HAVE BEEN
REDUCED BY \$5,000
NOW STARTING AT \$29,900.

*This FANTASTIC OFFER is the
best time for you to get the
BEST VALUE EVER!*

BART DUMMER
KARY JAKEMAN

306-321-8881
306-226-8883

www.wakawdeepwoodcampground.ca

Deep Woods
RV CAMPGROUND



ePaper Try it
FREE
for 30 days.
24/7 instant access
to all our content.

It's just like
reading the
paper

Read it in full-textured replicas of the StarPhoenix
on various sizes at the convenience of downloading
it to your tablet, smartphone or laptop. Download
it and read it anywhere - even on your commute.
Try it today for free!

the star phoenix's newspaper The StarPhoenix

25th Anniversary
MS. WALK
EVERY STEP MATTERS

EVERY STEP TELLS A STORY

25th Anniversary Saskatchewan Blue Cross MS Walk
Saskatoon, April 26
Register now to end MS • mswalks.ca • 1-800-691-0890

CLUB SASKATCHEWAN GOLF AND COUNTRY CLUB SASKATCHEWAN HOCKEY ASSOCIATION SASKATCHEWAN TENNIS ASSOCIATION SASKATCHEWAN BASKETBALL ASSOCIATION SASKATCHEWAN SOCCER ASSOCIATION SASKATCHEWAN RUGBY FOOTBALL ASSOCIATION SASKATCHEWAN CRICKET ASSOCIATION SASKATCHEWAN BASEBALL ASSOCIATION SASKATCHEWAN SOFTBALL ASSOCIATION SASKATCHEWAN VOLLEYBALL ASSOCIATION SASKATCHEWAN BASKETBALL ASSOCIATION SASKATCHEWAN SOCCER ASSOCIATION SASKATCHEWAN RUGBY FOOTBALL ASSOCIATION SASKATCHEWAN CRICKET ASSOCIATION SASKATCHEWAN BASEBALL ASSOCIATION SASKATCHEWAN SOFTBALL ASSOCIATION SASKATCHEWAN VOLLEYBALL ASSOCIATION

OUTSIDE THE LINES

Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to steph@photos.com. One winner will be chosen each week.

Please submit entries by Monday at 3 A.M.



Last week's contest winner is Catherine Ruam. Thanks to everyone who submitted entries!

For the **TOYS**
you've always wanted



Unique toys, party supplies,
and balloon designing in-store!

ORDER TOYS ONLINE AT GIGGLEFACTORY.CA

Come visit us at 150-1624 McOrmond Drive
Or phone 306-975-9630



SHARP EATS

SASKATCHEWAN FOOD SCENE

Nine tools you need to create a chef's dream kitchen

By Jenn Sharp

To be a decent home chef, you need a few tools of the trade. Equip your kitchen with a good set of knives and it'll help make cooking easier. And consider making knives for a less-stressed chef.

Susan Reynolds, who took home the bronze at Gold Medal Plates last year, shared his favourite kitchen necessities for home chefs. Reynolds runs Reynolds Fine Foods, a catering and catering business in Saskatoon. He's also taught cooking classes (which are regularly sold out) for years on everything from knife skills to mastering Indian and vegetarian food.

He knows firsthand the challenges home chefs face. Deciding what to buy on a limited budget isn't easy. Most of his recommendations are in the \$10 range, you really don't have to spend a lot of money to get some proper tools. When it comes to knives though, think of it as an investment and spend as much as you can afford. Good quality knives will last a lifetime if treated right.

To ensure your knives last, don't put them in the dishwasher. The heat and chemicals will eat your knives' hard work in hot, soapy water.

You don't need to worry about cutting stainless steel knives (that you should cut carbon steel).

Use a steel to give your knife a quick honing every time you cook.

When you cut something, you're hitting the edge a bit — sharpening brings the edge back to the center on the wheel. To sharpen, you want to use a wet stone which removes metal and sharpens the edge.



CUTTING BOARD

Wood cutting boards tend to crack and dry out easily. To help them last longer, rub a food grade mineral oil onto the board.

It's best to have a designated raw meat board — plastic is good because it can go in the dishwasher.

Glass boards are good for hygiene but kill your knives.



FOOD MILL

It's similar to a ricer but you can make more products. It's not as easy to cook than a ricer, too.

The food mill is about \$10 and works well for making baby food pa-

res, soups and mashed potatoes.

FRENCH PINS

These toasting rolling pins are about \$60 but compared to the ones with handles, they have a much more even pressure.

They work especially well for making pasta and pizza.

When you roll with this it doesn't make the hole where you hold it. It will roll evenly.

These are designed to roll flat with little pressure," says Reynolds.



MICROPLANES

Use these for grating parmesan, chocolate, citrus zest, ginger and garlic. Different sizes are suited for dif-

ferent products and are cheap (under \$30).

Whether then spending all that time chopping garlic, you can use a fine microplane and if it comes out peered, it comes lots of work.

PARISIAN SCOOP

Use a Parisian scoop (also called a melon baller) to make pretty fruit glazes for brunch or breakfast. You can also use it for melons, potatoes, carrots or any other vegetable you want to make look a little different.

It just gives you some different options for shaping, and some — says Reynolds.

The scoop works well for making chocolate truffles too — dip it in hot water, scoop out your truffle, then roll it to get a perfectly round ball.



HIGH HEAT SPATULAS

Dishwasher friendly and with a notch to fit on a mixing bowl, these

flexible spatulas won't melt in soaps or oils.



PEELER

"These are good peelers," he says of the Swiss-made plastic peeler Reynolds found. It's a specialty kitchen supply store for about \$20. "They're easy on the wrists. These are what chefs would use in the kitchen."



SCALE

When recipes call for an accurate weight measurement, you need a scale, especially when you're baking.

Reynolds likes the digital scale.



KNIVES

You can buy cheap knives but they won't last as long.

"Knives are your tools. You can't cook without good knives," says Reynolds who bought his big chef knife in his year ago.

"If you buy quality, it'll last you forever. Then you get to know it — a lot of it is grip weight and what you're comfortable with. It's like driving a car. You're going to drive something that's comfy and works for you."

WINE WORLD

#SASKATCHEWAN WINE SCENE

Try dipping your toe into a Tuscan bath

By James Romanow

I've got a thing for Chianti. It started with those covered bottles (such as Finesse, which is only produced for the export market) three days that got converted into rattle-bottle holders, suitable for strapping beneath Jans slenderos postures.

Before Jans was born, Chianti was a brick-head wine, with firm tannins, medium to high acidity and great nobility from the better vineyards. The Second World War saw the vineyards largely destroyed and thus neglected. About the time it occurred to Jans to grow his hair long, Chianti was a pretty rough red wine. It was fine for shacks and rockers but not really something you'd put in front of anybody with a palate.

The next 30 years saw an enormous improvement in the wine and now I think of it as an underrated Great Chianti cellar for at least a decade, and has a tremendous balance and poise that allows you to eat anything or nothing at all.

Normal Chianti is aged for about two years before release. However Chianti 06, the next jump up, is aged for an extra two years in the barrel. This is where the real action starts as far as I'm concerned. You can pay up to about \$80 for some reserves, but if you want, you can dip your toe into the Tuscan bath for a lot less money.

Castello di Gubbione Riserva is a mere \$65 and is a first rate wine. In fact, you would be



hard pressed to find better for that price. As a reserve, the current vintage is 2011 and that fact alone is worth paying attention to. This wine is warm, integrated and 100% less likely to provoke allergies.

Buy a bottle for dinner tonight and see if you think I am wrong.

Castello di Gubbione Chianti Classico Riserva, 2011, \$65. www.castellodigubbione.com
Back to the '90s in Monday's Start/Stopcom, the future on Twitter @dbracco.

Crossword/Sudoku answers

T	O	D	D	C	A	T	T	C	A	U	S	E
A	R	E	A	W	H	O	A	H	U	R	T	S
N	C	A	R	T	H	E	B	E	E	T	L	S
G	A	F	F	E	R	D	D	L	E			
L	U	D	I	C	I	O	U	S				
I	T	E	R	A	T	E	C	E	L	I	N	E
T	A	O	M	E	D	I	C	S	A	N	D	S
H	I	P	S	M	A	C	A	N	O			
A	W	A	S	H	E	R	E	D	I	O	N	
C	A	R	D	O	E	N	A	B	L	E		
A	N	D	O	V	E	S	T	O	M	E	N	
A	R	A	Y									
M	O	T	L	E	V	C	R	E	W			
A	L	L	O	W								
P	A	C	E	S								
T	A	S	E									
S	K	Y	S									

2	4	5	1	3	8	6	9	7
6	7	8	2	5	9	3	1	4
1	9	3	6	4	7	5	2	8
5	3	9	7	2	4	1	8	6
8	6	4	3	1	5	2	7	9
7	1	2	8	9	6	4	3	5
3	5	7	4	8	1	9	6	2
4	2	6	9	7	3	8	5	1
9	8	1	5	6	2	7	4	3

50

% off
Select Hearing Aids

Prices Starting at \$395!

Sale Ends March 31*

Premium Technology Included!!!

Risk Free - 100% Money Back Guarantee



Wall St. Medical Building
235-140 Wall Street
306 665 3443

Mall at Lawson Heights
44-134 Primrose Dr
306 382 5733



To learn more about hearing, hearing loss and hearing, visit www.experthearingaids.com

Expert Hearing

